

**Virginia Department of Education
Nutrition and Physical Activity Best Practices
2009-2010 - Ongoing
Nutrition Special Event
Culpeper County
Virginia Farm to School Week**

A formal assessment has not been conducted on this practice.

Approximate Cost:
\$1,001 - \$2,500

Planning / Development:
0-3 months

Practice Best For:
School Division

Practice Description:

We are going to put flyers in each school's main offices in our district with a bushel of local apples for parents and visitors to try when they come in to our schools. On the flyer it will tell them where the apples are from and what type they are eating. It will also tell them that the same apples are being served in the cafeterias this week to support local produce from Virginia.

Implementation Steps:

Worked with produce vendor and timelines for ordering in products.
Worked with Principals and Managers to set up how we wanted to deliver message and product.
Worked with Schools to help with marketing the program with the use of flyers.

Impacts or Results:

A good starting point to see how easy it is to find local grown items from Virginia and to get them to our students.

Planned Future Enhancements:

To increase local products from Virginia in our school system.

Implementation Advice:

Very easy to do and a good way to get schools involved without using much time on their part to assist in the practice.

Success Factors:

Other committee/work team
Superintendent support or involvement
School principal support or involvement

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**Virginia Department of Education
Nutrition and Physical Activity Best Practices
2006-2007 - Ongoing**

Nutrition Program

Manassas City

Serving more Whole Grain Breads and Pastas

A formal assessment has not been conducted on this practice.

Approximate Cost:
\$5,001 - \$10,000

Planning / Development:
3-6 months

Practice Best For:
School Division

Practice Description:
We have implemented the use of whole grains in our breads and pastas in all cafeterias.

Implementation Steps:
I called the vendor to get the items added to our bid.

Impacts or Results:
Students have not stopped selecting items just because we have implemented whole grains.

Planned Future Enhancements:
We will continue to incorporate whole grains. We are hopeful that our vendors bring in whole grain sub rolls. We are ready for this change.

Implementation Advice:
Just do it!

Success Factors:
School Health Advisory Board (SHAB)
School board support or involvement
Superintendent support or involvement
School principal support or involvement
Community/Parent Involvement

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**Virginia Department of Education
Nutrition and Physical Activity Best Practices
2008-2009 - 2009-2010**

Nutrition Program

Manassas Park City

No deep fat fried foods prepared or served.

A formal assessment has not been conducted on this practice.

Approximate Cost:

More than \$10,000

Planning / Development:

1-2 years

Practice Best For:

School Division

Practice Description:

All deep fryers removed from the schools in order for us to provide healthier alternatives and reduce fats from students diets.

Implementation Steps:

In order for us to remove the fryers, additional conventional/combi ovens needed to be purchased.

Impacts or Results:

The impact has not been noticed as to product acceptability. A healthier alternative to fried foods will ideally help with the students diet.

Planned Future Enhancements:

Only that we will continue to bake foods rather than fry.

Implementation Advice:

No

Success Factors:

Other committee/work team

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